

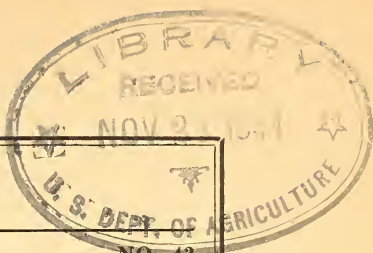
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BULLETIN

OCTOBER 1942

NO. 43



NATURE'S GARDEN
for
VICTORY AND PEACE

REVISED AND REPRINTED

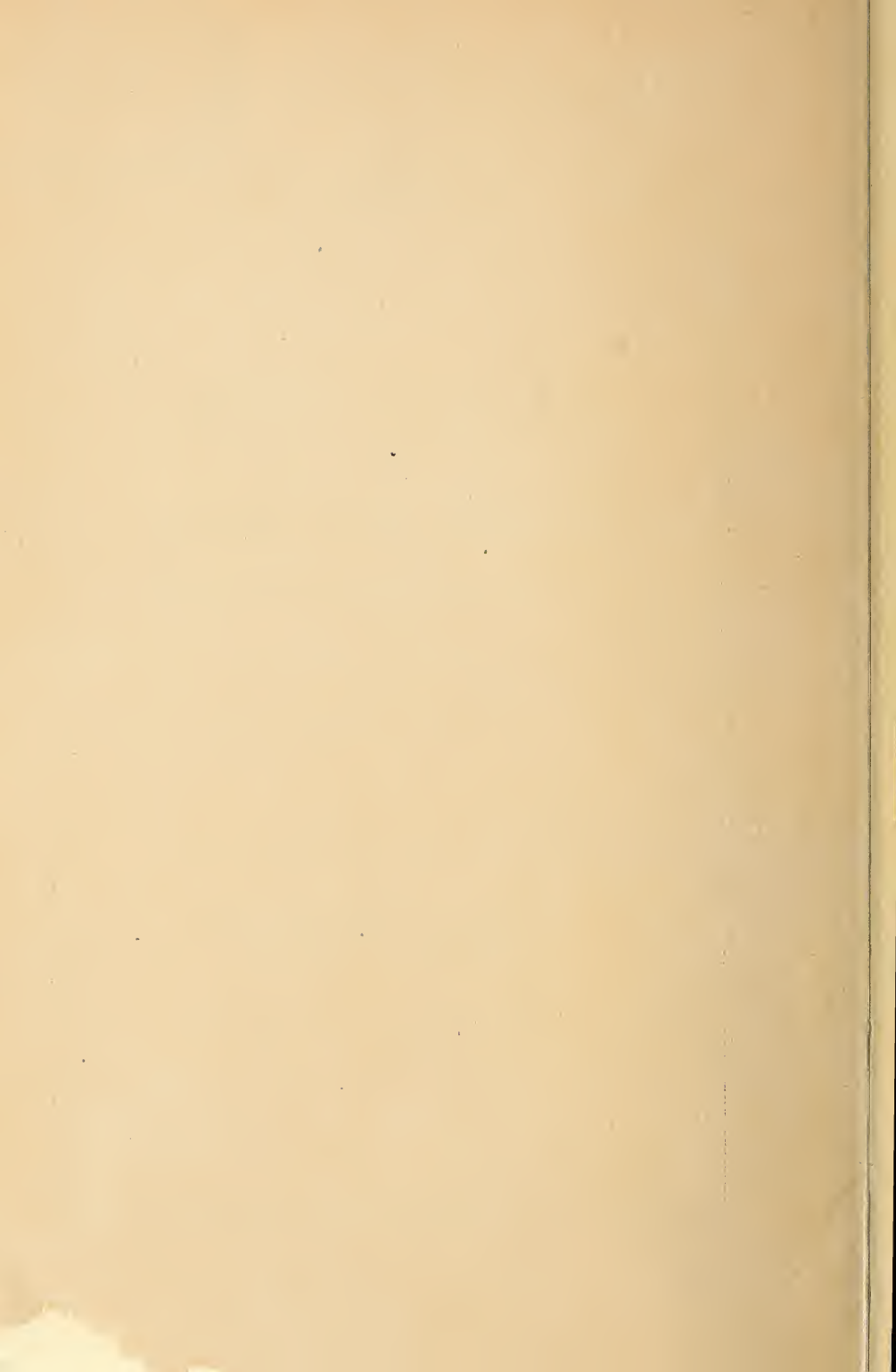
by

GEORGE W. CARVER, M. S. in Agr. D. Sc.

Director

AGRICULTURAL RESEARCH AND
EXPERIMENT STATION
TUSKEGEE INSTITUTE

TUSKEGEE INSTITUTE, ALABAMA



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NATURE'S GARDEN FOR VICTORY AND PEACE

THE WEED'S PHILOSOPHY

Nay, but tell me, am I not unlucky indeed,
To arise from the earth and be only a weed?
Ever since I came out of my dark little seed,
I have tried to live rightly, but still am a—weed!

To be torn by the roots and destroyed, this my meed,
And despised by the gardener, for being—a weed.
Ah! but why was I born, when man longs to be freed
Of a thing so obnoxious and bad as a—weed?

Now, the cause of myself and my brothers I plead,
Say, can any good come of my being a—weed?
If a purpose divine is in all things decreed,
Then there must be some benefit from me, a—weed!

If of evil and suffering, the world still has need
In its path of development, then I, a weed,
Must form part of that plan which in nature I read,
Though I live but to die, just for being a—weed!

—*Martha Martin*

“And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.”
—Genesis 1:29.

AGRICULTURAL RESEARCH AND EXPERIMENT STATION TUSKEGEE INSTITUTE

G. W. Carver, *Director*
A. W. Curtis, Jr., *Assistant*

NATURE'S GARDEN FOR VICTORY AND PEACE

February 14, 1942

Since the article appeared in the Alabama Journal, Tuesday, February 10, 1942, by Mr. W. T. Maynor, captioned "Don't Worry If War Causes Shortage of Green Vegetables, Weeds Are Good To Eat" the large number of letters that continue to come in asking for more information makes us feel that here is an opportunity to render a service much needed at the present time, and equally applicable to our coming rehabilitation program.

COMPOSITE FAMILY

In the group idea in arrangement it is hoped that it will assist the housewife in the preparation of these vegetables as every member of a group (with but few exceptions) have some food or medicinal properties in common with the entire group, therefore, their preparation would be similar in some respects.



(After Strasburger, Schenck, Schimper)
Taraxacum officinale—Dandelion

DANDELION (*Taraxacum officinale*). This is the ordinary dandelion of our dooryard, field and road sides, with which we are more or less familiar. It is very tender and delicious now (February 20), and may be served in a variety of appetizing ways. (Use leaves only).

1. Wash, prepare, and cook exactly the same as turnip or collard greens.
2. Prepare the same as spinach with hard boiled eggs.

3. A simple, plain and appetizing salad may be made thus:
- 1 pint of finely shredded young dandelion leaves
 - 1 medium sized onion, finely chopped
 - 2 small radishes, finely chopped
 - 1 tablespoon of minced parsley
 - 1 tablespoon of sugar (can be left out)
 - Salt and pepper to taste

Moisten thoroughly with weak vinegar or mayonnaise, mix, place in salad dish and garnish with slices of hard boiled egg and pickled beets. This is only one of the many delicious and appetizing salads that will readily suggest themselves to the resourceful housewife.

Aside from the dandelions' value for food, it is well known and highly prized for its many curative properties.

OX-EYE DAISY (*Chrysanthemum leucanthemum*). The young, tender leaves make a splendid addition to any green leafy salad. It is very appetizing when mixed with the dandelion and prepared in the same way.



Lactuca Scariola—Prickly Lettuce (After Fitch)

WILD LETTUCE (*Lactuca*, several varieties). These several interesting plants are all members of the lettuce family, have milky juice and when young and tender taste very much like our cultivated lettuce to which it bears some slight resemblance in appearance; others are prickly and resemble a thistle; all are good for food.

Cook the same as turnip greens. When very young and tender the

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smooth sorts make an excellent uncooked salad, if prepared the same as dandelions.

Its medicinal virtues are similar to the cultivated lettuce and the dandelion. It is excellent when prepared like spinach. When blanched they become very crisp and much richer in flavor than the cultivated sorts. Blanching is easily done by turning a box or any other form of shade over them.

CHICORY (*Cichorium intybus*). Prepared the same as wild lettuce, before it begins to stem. The roots are very often peeled, dried and roasted a coffee brown. Some prefer it to real coffee; others mix it in various proportions to suit their taste.

Dandelion roots are often used in the same way.

HAWK WEEDS, FLORA'S PAINT BRUSH, etc. (*Hieracium*, Sp.) There are a number of varieties in this group, reminding one of the dandelion or wild lettuce at first sight. All the species around here are edible. Cook the same as the dandelion.

GIANT THISTLE (*Elephantopus tomentosus*). Grows plentifully down here, is a winter annual, forming a round mat of leaves fully 15 or 20 inches in diameter, very spiny, leaves dark green on top and woolly beneath with long white hairs.

This plant is delicious when young cooked just like turnip greens or mixed in with other greens. Take only the young tender leaves. Nearly all the leaves can be used if the sharp spines are clipped off with a pair of scissors before cooking.

RABBIT TOBACCO (*Antennaria plantaginifolia*). The young leaves are delicious cooked like turnip greens or mixed with other greens. It has a mild medicinal value. The young, tender leaves and shoots are very appetizing when used in a mixed salad as recommended for the dandelion.

BUCKWHEAT FAMILY (*polygonaceae*)

Twenty-one varieties are found in the United States. The ones listed here are not only edible but contain well known medicinal values.

CURLED DOCK (*Rumex Crispus*). This is often called our native rhubarb; grows in abundance almost everywhere and is one of the very best of our wild greens; relished almost universally. Cook the same as turnip greens. Many like it prepared the same as spinach. The root of this plant is highly prized as a blood medicine.



Rumex Crispus—Curled Dock (U. S. Department of Agriculture)

WESTERN DOCK (*Rumex occidentalis*). An unusually fine vegetable. Prepare the same as the above. Many declare it is much richer than any of the docks.

FIELD or SHEEP SORREL (*Rumex acetosella*). This one is especially prized for salads, making cooling drinks, and pies similar to the Oxalis. Use when the stems are about $\frac{2}{3}$ grown.

I have eaten in one way or another, nearly all of the 21 varieties and found them delicious and appetizing. The young, tender leaves and stems of all are delicious in uncooked salads.

GOOSEFOOT FAMILY (*Chenopodiaceae*)

These vegetables must be eaten and their effects on the system noted to be appreciated. The name, Lamb's Quarters, indicates something of the esteem in which they were held centuries ago.

LAMB'S QUARTERS (*Chenopodium album*). A wild vegetable, familiar to almost everyone. Many claim that they like it much better than spinach, when prepared the same way. It is good boiled with meat the same as mustard, collards or turnip greens, and equally good when mixed with other greens.



Chenopodium album—Lamb's Quarter
(After C. M. King)

BEETROOT (*Beta vulgaris*). Our cultivated beets belong to this group. Many housewives, dietitians do not know the leaves and stems are quite as fine as spinach when prepared in the same way. They improve the flavor of other greens when mixed with them and cooked like turnip greens. They also make an appetizing salad when steamed or boiled until tender, drained and served with mayonnaise, French or any other dressing you wish. A little shredded onion, a spring of parsley, chow-chow or mixed pickle of any kind aid much in the preparation of this versatile food stuff.

I think you will like the many combinations better than spinach. The pickled leaf stems are especially fine when served with cold meats. The entire spinach family are especially rich in iron and other mineral salts.

THE MUSTARD FAMILY (*Brassicaceae*)

Just a few of this large and outstanding group of edible and medicinal plants will be mentioned here.

PEPPER-GRASS (*Lepidium species*). There are several varieties of this common dooryard and garden plant. It belongs to the mustard family and can be cooked in the same way. It is delicious when prepared as an uncooked salad, the same as recommended for dandelion.



Lepidium apetalum—Small Pepper-grass
(After C. M. King)

The three that are of special interest here can be easily recognized by their heart-shaped seed vessels and peppery odor and taste of the leaves.

SHEPHERD'S PURSE (*Capsella bursa pastoris*), is a member of this great family and highly prized for its palatability and real dietetic value.

BLACK MUSTARD (*Brassica nigra*), originally was cultivated, but now in many sections of the United States has become weedy. It is highly prized for its seed and also as a vegetable, eaten raw, or cooked with other greens it is most highly prized.

WATER GRASS (*Nasturtium officinale*). This plant is too well known to need description here. As a pot herb, garnishing salads, etc. it has but few equals.

There are many different types growing in both swamps and upland.

CULTIVATED RADISH (*Raphanus sativus*). The young leaves and tender stems are quite an addition to mixed greens.

HORSE RADISH (*Cochleria armoracia*). The young tender leaves are very fine in uncooked salad, and equally desirable when cooked with other greens.

STOCK (*Matthiola incana*). The young tender leaves are appetizing mixed with an uncooked salad or boiled with mixed greens. Stock is cultivated both in the greenhouse and the outside for its beautiful flowers and attractive foliage.

PRIMROSE FAMILY (*Onagracea*)

EVENING PRIMROSE (*Enothera biennis*). There are several varieties of this splendid wild vegetable. All the winter annuals of this group that form a round mat of leaves during the fall and early spring are highly edible, piquant, and possess mild medicinal value.

WILD PRIMROSE (*Primula*). At this time of the year, these plants form round discs on the ground nearly as large as a saucer. They are often called pig or butter weeds. The leaves are light green in color, and the roots near the crown usually of a reddish



***Enothera biennis*—Evening Primrose
(After Reed)**

cast when cut. Cooked like turnip greens they are so rich in flavor that the name butter weed is given them. The medicinal virtue of the primrose is well known.



Amaranthus spinosus—Spiny Amaranth
(After Darlington)

AMARANTH FAMILY (Amaranthaceae)

In many localities both the smooth and spiny varieties are used as pot herbs; the roots of some are red similar to beets, and are prized for garnishing salads, pickling, etc.

CARELESS WEEDS (*Amaranthus*). These are often called pig weeds; the two most commonly used are the smooth and the thorny. When young and tender, both are very choice as a vegetable.

Cook leaves and stems, the same as turnip greens. Their medicinal value is said to be similar to that of beet leaves.

POKEWEED FAMILY (Phytolaccaceae)

Persons who are fond of spinach and find it hard to get will be glad to know that the leaves and stems of the poke weed when taken very young and prepared like spinach can hardly be detected from it.

POKEWEED (*Phytolacca decandra*). A plant with which we are all acquainted, and relish when cooked. The leaves and young, tender shoots are the choice parts. They should be boiled for two or three minutes in water that has been slightly salted. That water should



Phytolacca decandra—Pokeweed
(After C. M. King)

be drained off and thrown away, then proceed to cook the same as turnip greens. The tender stems are delicious when the leaves are removed, scalded in salt water, and afterwards creamed like asparagus. There is no better vegetable. Its medicinal virtues are many and varied.

WOOD SORREL FAMILY (Oxalidaceae)

SOUR GRASS (*Oxalis*, two kinds). This is the old-fashioned sheep sorrel with which most people are familiar. It makes a pie similar to apple or rhubarb, and is very appetizing.

Take the leaves and tender stems, wash clean and cook in a little water until tender; pass through a fine sieve to remove any hard stems. The after procedure is exactly the same as for stewed apple pie. Thicken, if necessary with a little flour or corn starch; bake with upper and lower crust. It makes a splendid salad when prepared the same as recommended for the dandelion. It is also excellent when served as a sauce when stewed the same as apple sauce. Many attractive combinations can be made with gelatine.

SOUP. We hope every person who likes something new, novel, delicious, nourishing and appetizing will try this soup. Thoroughly clean and wash about two quarts of the leaves, boil slowly until



Oxalis corniculata—*Oxalis*
(After Bailey)

tender (preferably in a porcelain or granite ware vessel); rub through a sieve, add your favorite seasoning and three cups of soup stock to it; thicken with one tablespoonful of butter and one of flour rubbed together, and stir this into a teacupful of boiling hot milk. Add to the soup stirring it vigorously to prevent curdling. Let boil up and serve at once with croutons or toasted crackers.

POTATO FAMILY (*Solanaceae*)

IRISH POTATO, WHITE POTATO, etc. (*Solanum tuberosum*). The tender shoots and leaves are a fine addition to add to a pot of mixed greens, greatly improving the flavor.

HORSE NETTLE, BULL NETTLE, SANDBRIER, TREAD SALVE, etc. (*Solanum Carolinense*). The young, tender tops add much to a pot of mixed greens.

MINT FAMILY (*Menthaceae*)

The following are pot herbs, used in the preparation of foods largely for their flavoring qualities:

PENNYROYAL (*Hedeoma pulegioides*)

LEMON BALM, GARDEN BALM, SWEET BALM, etc.
(*Melissa officinalis*)

PEPPERMINT (*Mentha piperita*)
SPEARMINT (*Mentha spicata*)
BEE BALM, OSWEGO TEA, etc. (*Monarda didyma*)
WILD BERGAMOT, HORSEMINT, etc. (*Monarda fistulosa*)
HORSEMINT (*Monarda punctata*)
CATNIP, CATMINT, etc. (*Nepeta cataria*)

PEA FAMILY (*Papilionaceae*)

PURPLE MEDIC, ALFALFA, LUCERNE, etc. (*Medicago sativa*).
The young, tender leaves and stems are especially good when mixed with other greens, and especially piquant and appetizing made into a salad, thus: Wash and prepare the alfalfa similar to that of lettuce, garnish the whole with shredded onion, radishes, pickled beets, carrots, etc. Serve with mayonnaise or French dressing.

This salad lends itself to an almost endless variety of artistic combinations in the way of ribbons, spots, layers, jellied, etc. The nutritional value of alfalfa is too well known to need further discussion here.

CLOVER

CLOVER FLOWERS

RED CLOVER (*Trifolium pratense*)
WHITE CLOVER (*Trifolium repens*)

The flower heads of these two varieties have held first place in delicate and fancy salads for many years. Serve in mixed salads or separately as fancy dictates. They lend themselves admirably to any type of mild dressing.

MILK WEED FAMILY (*Asclepiadaceae*)

SWAMP MILK WEED (*Asclepias incarnata*)
COMMON SILK WEED (*Asclepias syriaca*)

Have always held a high place as a delicious food; cut just before the leaves are half grown, prepare like asparagus tips. They improve all mixed greens. They are also choice boiled or steamed until tender and served with mayonnaise or French dressing; and they are equally fine in any mixed salad.

They are good also in a puree of vegetables, bouillon cubes or gelatinized vegetables.

LILY FAMILY (*Liliaceae*)

ONIONS. The following have been exceptionally palatable and appetizing when used in the ordinary way:

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WILD GARLIC (*Allium canadense*)

WILD ONION (*Allium mutabile*)

WILD ONION often called garlic (*Allium vineale*)

All of the above have been relished and found appetizing in the early spring when the tops are tender, prepared as follows: Take a few pieces of fat bacon, cut in small pieces, fry until nearly done, and while the grease is very hot stir in the finely cut onion tops, and let cook until done. Have ready two or three eggs that have been salted and peppered to taste; stir these quickly into the bacon and onions, being careful not to let the eggs get too hard, and serve at once.

Some like cheese grated over the eggs before frying.

The roots of these onions can be used if desired. They are equally fine in uncooked salads, garnishing, boiling with mixed greens, and in soups and purees of vegetables.

PINK FAMILY (*Caryophyllaceae*)

CHICK WEEDS (*Stellaria*).

CHICK WEED, STAR WORT (*Stellaris media*). This delicate little plant can be used in a number of ways. It gives to green salads a very mild and pleasing taste; is equally good when cooked the usual way with mixed greens.

One of its outstanding and almost uncanny values is the way it lends itself to garnishing vegetable, meat and salad dishes as well as other forms of table decoration.

Select only the fresh, tender ends. Keep in cold water or refrigerator until ready to use. If properly done it never fails to get much favorable comment on its unusual beauty.

LAUREL FAMILY (*Lauraceae*)

SASSAFRAS (*Sassafras officinale*). The medicinal value of this tree is almost as old as the beginning of time. Oil of sassafras has many uses in the arts and trades, aside from the delicious tea furnished by the roots, the young, tender stems and leaves are becoming a real article of commerce. They are cut, dried, and ground to a fine powder and used in soups, broths, and is growing in popularity for such purposes. It is especially useful in the preparation of gumbo of various kinds. It can be cooked with the soup, etc.; or put in a salt shaker and placed on the table to be used at will, like salt and pepper. It is most wholesome and appetizing.

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PLANTAIN FAMILY (Plantaginaceae)

DOORYARD PLANTAIN, etc. (*Plantago major*). The young, tender leaves of this plant is highly prized for food when cooked like turnip greens, or mixed with other greens.

The seeds are used in medicine.

Plantago cordata, *Plantago rugelii*, and *Plantago lanceolata* are all good when cooked like turnip greens or mixed with other greens.

VALERIAN FAMILY (Valerianaceae)

WILD LAMB SALAD, CORN SALAD, etc. (*Valerianella radiata*).

There are six varieties of this choice vegetable scattered throughout the United States. The one named above grows freely in Alabama and is so highly prized cooked like turnip greens alone or mixed with others. It is cultivated in some sections. It is equally desirable served like lettuce, with shredded onion, radishes, pickled beets, cucumber, etc.

GERANIUM FAMILY (Geraniaceae)

WILD GERANIUM, ALUM ROOT, etc. (*Geranium maculatum*).

The small plants are palatable when mixed with other greens and cooked with them.

PURSLANE FAMILY (Portulacaceae)

PURSLANE, PUSSLEY, etc. (*Portulaca oleracea*). This plant is familiar to almost everyone, and is highly prized when prepared like spinach, cooked with other greens, or it is equally acceptable as a raw salad.

MORNING GLORY FAMILY (Convolvulaceae)

SWEET POTATO (*Ipomea batatas*). The young, tender vines and leaves of the sweet potato are especially rich and palatable cooked like spinach. They are equally good mixed and boiled with other greens.

This bulletin is becoming so large that it seems wise to bring it to a close right here.

MISCELLANEOUS INFORMATION

Bulletin Forty-three has not been alone enthusiastically received here in our own country, but the British Food Ministry has passed out the following list of wild vegetables selected from Bulletin Forty-three, and urged their use; saying in part, "the following are easily obtainable along rustic lanes and in fields of grass and clover where hitherto they have been a hindrance.

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Leading the list are nettles and dandelions, purslane, and that curse of crops, wild mustard. Nettles with the sting cooked out of them are much more palatable eating than spinach; dandelions, whether as a side dish to the roast, made into tea or into wine, are not only medicinal, but good eating and drinking."

Bulletin Forty-three stops with February 27, 1942, as all the plants named up to this time can be had with greater or less ease by being careful to select the tender parts. Beginning at this time all of these recorded can be had with comparative ease until the Winter crop comes on.

February 27, 1942 found us feasting on the following, as an uncooked salad: Wild lettuce, both *L. sativa*, and *L. scorale*, Wild onion, *Antenaria plantagenifolia*, Young *oxalis* leaves, *Geranium maculatum*, and *Stellaria media*. Served with mayonnaise and French dressing.

SOME NATIVE POT HERBS

It is not only surprising, but truly pathetic to know how few modern cooks know of or appreciate the value of pot herbs to give a new zest to almost all kinds of food-stuffs.

Who would want sausage without sage in it, or stuff a fowl without these fine herbs to add to the flavor.

In this locality, now is the time to collect and dry the ones appreciated most, and with which the average child is familiar and prized in the order named:

Heart leaf, Wild ginger—(*Asarum Canadense*)

Wild bergamot—(*Monarda fistulosa*)

American pennyroyal—(*Hedeoma pulegioides*)

With the mints these are enough for the present.

PREPARATION

Pick the leaves, and often the whole plant can be taken. Hang up or spread out in the shade to dry quickly, powder very fine and shake over the food as eaten or drop a few leaves into the food while cooking.

I know one person who will not drink a cup of tea without a sprinkle of Heart leaf powder in it.

I consider this the acme of delicious appetizing, and nourishing salads. About equal parts were shredded, mixed, chilled and served.

The above mixture is equally delicious mixed with a few leaves of Stock, Pepper grass, dandelion leaves, and boiled with a piece of fat bacon.

2-27-1942. *Lamium amplexicaule*, dead nettle, Devil's shoe string, etc. In protected places, gives us a delicious member of the Mint

family, amplexicaule. Mix with the other greens and use as a cooked or uncooked salad.

Various combinations can be made with the same vegetables throughout the month by changing the combinations to please the appetite of the families, just as any thrifty and resourceful housewife would naturally do.

**BEGINNING THE YEAR 1943 WE HAVE WITH
"MARCH, WINDY MARCH"
SOMETHING NEW
VEGETABLE ROE**

I actually believe that here is one of the greatest food surprises you have ever met, and I dare to add one of the most appetizing and pleasing.

I feel sure you will be astonished at the almost endless variety of pleasing combinations you can make that will blend in and enhance any kind of food served; it is also equally delicious when served as the main vegetable dish.

In this locality, as a rule, these rarities are ready to begin using in January.

They consist of the young and tender flowering seed stems of the following plants which we have found unusually rich and fine: Collards, Cabbage, Radish, Beets, Spinach, Rape, Turnips, Mustard, Lettuce (both tame and wild) Rutabagas, Onion Tops that have just come into flower. Cress, and other members of the above families. Stems of Dock, Sorrell, etc.

Select when the young pods (seed vessels) are yet very tender. Use flowers and buds.

PREPARATION

Prepare like Spinach, Asparagus creamed, or any other especially delicately flavored vegetable.

SALADS

In the matter of salads I have purposely avoided making any suggestions with reference to combinations used, or the dressings most appropriate, with the thought that originality of the Salad Maker would be greeted with many more agreeable surprises in the way of raw and cooked salads with their most appropriate dressings.

This month also often brings to us some of the richest and rarest culinary treasures. It is so in this locality. The joy of collecting the great luscious fronds of the several varieties of brake ferns, beginning with (*Pteris aqualina*) in its several varieties. These usually grow on the uplands and hillsides.

NATURE'S GARDEN FOR VICTORY AND PEACE

Down in the semi shady marshy places will be found the great eagle types with their huge fronds just uncurling.

All of these fronds are more or less mucilaginous with a slight nutty flavor. Cut the stems at the base, brush off the hairy tips, cut the rest into short lengths, boil until thoroughly done and season like asparagus. Many claim they are superior in both flavor and nutrition to asparagus.

COMMELINACEAE

Following these comes the rich flavored (*Tradescantias*) wandering Jew. The young stems are cut and served like Spring onions, with salt. All the varieties are edible, but the one most highly prized in this locality is *T. virginica* (Giant spider wort) with strap like leaves, and blue or violet flowers. It can be mixed with other greens and boiled.

TOMATOES (Unusual)

If it were generally known what a distinct and delicious product the tomato makes when properly dried, I am sure every housewife would try a few pounds.

When eaten as a confection it is far superior to many of the so-called choice candies sold at fancy prices.

METHOD NO. 1

Take thoroughly ripe tomatoes; wash and slice or chop; put in preserving kettle, and cook slowly until thoroughly done; pass through a colander to remove the skins and hard cores; return to the kettle and boil until thick like jam; spread on plates and dry in the sun or oven.

When dry roll up like jelly-cake, or cut in squares and put away the same as other dried fruit. When wanted for use soak in a little cold water until soft, then use exactly as tomato paste.

Delicious Catsup can be made from this dried paste by softening and adding the required amount of vinegar and spices.

METHOD NO. 2

Select tomatoes that are full grown, but green or just beginning to tinge with color.

Treat in every way exactly the same as for Method No. 1.

This paste will be pleasingly tart, and is especially fine for making green-tomato pies, which is an old family favorite among pies.

We hope every housewife will try one, or both of these methods.

SOME SIMPLE METHODS OF DRYING FRUITS AND VEGETABLES

I am sure that there is no record of a period in our history more emphatic than now; that every acre, yea, every foot of land under our control can be made to produce its highest possible yield of food-stuffs, for both man and beast.

It is also equally important that everything possible be saved, for our consumption. This is best effected by canning, preserving and drying.

The shortage of tin cans, glass containers, the high price of sugar as well as the containers, make it emphatic that we have some other method within the reach of the humblest citizen.

Drying is without doubt the simplest and best method of preserving a number of fruits and vegetables. And it is a source of much regret that such a few know how to appreciate the delicious taste of home dried fruits and vegetables.

The following list of fruits and vegetables are more or less abundant throughout the South; and the methods given show how easily and how cheaply they may be taken care of.

FRUITS

Begin drying just as soon as the seed matures, or as soon as the fruit is two-thirds ripe, and continue as long as you can handle it without mashing to a pulp.

Caution—In drying either fruits or vegetables in the sun, screen wire or mosquito netting should be stretched over a suitable frame to keep off the flies and other insects; and everything, of course, must be scrupulously clean if a superior flavored, the most attractive appearing and the most appetizing, healthy and wholesome product is desired.

STRAWBERRY LEATHER (Delicious)

Take thoroughly ripe strawberries, mash to a pulp, spread on platters, and dry in the sun or oven; when dry, dust with powdered sugar, and roll up like a jelly cake, cut into suitable sized pieces and pack away in jars. This may be eaten as a confection or soaked in water and used for pies, short cake, sauce, tarts, etc. The powdered sugar is a matter of taste and may be left out if desired.

DRIED STRAWBERRIES

Put the berries in a moderate oven heat through thoroughly, but not enough to become soft and juicy, spread out in the sun or finish in the oven.

BLACKBERRIES AND DEWBERRIES

Treat exactly the same as recommended for strawberries.

NOTE:—If seedless roll is desired, this may be done by pressing the pulp through a fine sieve before drying.

PLUMS

DRIED PLUMS No. 1

Select medium ripe plums, cover with boiling water, cover the vessel and let stand twenty minutes; drain and spread in the sun to dry. Stir occasionally; when dry examine them frequently and at the first appearance of worms put in the oven and heat for a few minutes. In cooking, soak in cold water for a few hours the same as for other dried fruit.

DRIED PLUMS No. 2

After peeling the plums, allow half pound of sugar to one pound of fruit. Put fruit and sugar in layers in a preserving kettle. Heat slowly until the sugar is dissolved, then boil until clear. Spread the fruit on platters in the sun and turn over until quite dry. Pack in layers with sugar in stone or glass jars. Plums dried in this way are extra fine.

FIGS

There are a number of ways to dry figs, some of them quite complex. I am giving only methods suitable for the home.

Take well ripened figs (but not mushy), treat exactly the same as for strawberries, cut into halves and finish in the sun or oven. Frequent dusting with powdered sugar during the drying process makes a delicious confection.

FIG LEATHER No. 1

Make exactly the same as for strawberries.

FIG LEATHER No. 2 (Delicious)

Mix one-half peaches and one-half figs and proceed the same as for strawberries.

PEACHES

Take ripe, firm peaches, peel, cut from the seed if cling stones, break open if free stones. Quarter or cut in slices, spread in the sun or dry in the oven. The peelings may be left on if desired; the product of course, is not so fine.

PEACH LEATHER (Extra good)

Select over ripe peaches and make exactly as recommended for Strawberry Leather.

PEARS

Peel, core, slice and dry the same as recommended for peaches.

APPLES

Peel, core, quarter or slice and dry the same as recommended for peaches.

GRAPES, MUSCADINES (Delicious)

Gather when ripe, wash, put in a porcelain or granite preserving kettle, cover with boiling water, let simmer until the berries are hot through and the hulls have turned a reddish color, now stir in a scant tablespoon of baking soda to the gallon of fruit, stir well for three minutes, but do not mash the fruit; drain off this water, wash in three more waters, being careful each time not to mash the berries. They may now be dried whole or made into a leather the same as recommended for strawberries. I much prefer the leather, the hulls will be very tender and the fruit of a fine flavor. The seeds may be removed by passing through a colander. I wish every housewife would try this.

CULTIVATED GRAPES

All cultivated grapes may be dried in the same way, except the soda should be omitted in the process.

VEGETABLES

CORN

Corn is delicious when dried. Take tender roasting ears; steam until nearly done; cut from the cob with a sharp knife; spread thinly upon boards or dishes; put in the sun to dry. If the tops of the grains are shaved off and the pulp scraped out, leaving most of the husk on the cob, it makes a much finer product. In cooking, it should be soaked for an hour or two in cold water before the final cooking.

OKRA

Steam until two-thirds done; split in quarters the thickest pods, and dry the same as corn.

SWEET POTATOES

Sweet potatoes are easily dried by first steaming until nearly or quite done; slice; mash or granulate and dry in the hot sun or oven. Put away in bags and keep dry, and they will keep indefinitely. Soak until soft, in cold water, then cook as usual. This is a very fine product, and has considerable commercial possibilities.

PUMPKIN

Peel and cut in discs about an inch thick or in thin slices; spread in the sun to dry; soak several hours in cold water before cooking.

NATURE'S GARDEN FOR VICTORY AND PEACE

STRING BEANS

Select very young tender beans, wash and cut off both the stem and blossom ends. Cut into one-inch lengths, steam until about one-fourth done or until they lose their grass green appearance. Spread on trays and dry as any other fruit or vegetable. Soak for several hours in cold water before cooking.

INSECTS

In this climate insects are very troublesome to dried fruit or vegetables. I have had excellent success by putting the dried fruit or vegetables in the oven and heating them real hot, sufficient to kill any lurking insects or their eggs; then pouring them into clean paper bags, tying the mouth tightly and suspending the bags, not a single insect was ever found in the bags, although they were kept several months.

FURNACES FOR DRYING

There are several inexpensive and satisfactory furnaces for the rapid drying of fruits and vegetables, which any farmer can make.

One of the simplest is a furnace made just like one for making syrup. Cover with a heavy piece of sheet iron; cover this three or four inches deep with clean sand; put on a very open slatted cover just above it. The fruits or vegetables to be dried may be placed in separate slatted trays and one set above the other, if suitable frame work is made so they may be pushed in and pulled out, like bureau drawers.

If the sides are walled up with brick or tin so as to keep in the heat, the drying will be very fast. Several small openings should be left in the sides to carry off the moist air. A bushel or more of fruit or vegetables may be dried at one time in this way.

MISCELLANEOUS—ODDS AND ENDS

SOUP MIXTURES

Many kinds of dried soup mixtures can be made by saving finely shredded onion, carrots, sweet peppers, bits of celery, okra pods, string beans, very tender, cow pea pods, cabbage, rutabagas, green and ripe tomatoes, etc.

Shred all together nicely, dry in sun or oven of the stove the same as for other dried fruit or vegetable.

NUTS

No additional instructions need be given than that to gather hickory nuts, walnuts, pecans, chinquapins, beech nuts, with a few Burr oak acorns (*Quercus macrocarpa*).

Some roast and eat them just as they are, others crush them, put in a bag and let cold water run over them for a few hours, this removes the tannin, they are dried, ground into meal, and used in many ways with other flours and meals and makes a very delicious and palatable food stuff.

The outer shell (hull) should be removed from hickorynuts, walnuts, etc., before storing.

SUMAC BERRIES. RHUS GLABRA

Family Anacardiaceae

The shrub bears large heads of dark red berries constituting a real treat to every child in position to enjoy it. Indian lemonade, as it is called. The Indians were very fond of it. A most refreshing drink can be made by washing them in clear water, strained, sweetened and iced, it makes a beautiful pale pink colored slightly acid beverage with a very refreshing agreeable taste. As a crude drug it is said to contain a little Tanic acid mixed with Potassium and Calcium malates.

Do not use the berries until ripe and dark red.

LYE HOMINY

Here is a dish that is not only nourishing, but relished universally by almost everyone, during the Winter and Spring months, and should appear on the table in some tempting way at least three or four times per week. Recipe: Select sound, white corn. To every gallon of corn use one tablespoonful of concentrated lye. Cover the corn with water; boil slowly until the skin comes off easily and the dark tips on the grains near the eye begin to come out; pour into a vessel and wash thoroughly; let soak (preferably over night) in plenty of cold water; drain, return to the kettle, and boil in plenty of water until tender; put in a stone jar and set in a cool place, and it will keep several days. One-half gallon of hardwood ashes put in a sack and boiled with the corn will answer the same purpose, except it is not so quick a method.

ADDENDA

Young pumpkins and cushaws cooked the same as the summer squash are just as palatable and wholesome.

Half grown cucumbers, sliced and fried like tomatoes, or egg plant are very delicious.

NOTE: One copy of this Victory Bulletin will be given free to those who desire it. Additional copies at——each, which was the actual cost of printing.

